



Meet Our New Executive Director... Cat Lang-Bigley

We are pleased to welcome Catherine (Cat) Lang-Bigley as the new Executive Director of The Amputee Center. Cat has experience working with both non-profit organizations and for-profit businesses. She was the Wellness Director for the Betsy Mills Club, as well as being the owner and CEO of Bigley Enterprises.

In addition to creating and managing businesses and community programs, Cat holds certifications in a variety of health and wellness disciplines. Her programs have been designed with the flexibility to benefit any age group. Cat incorporates building confidence in others, whether she is training, teaching, or raising her six children. Her earliest students were primarily active seniors. That experience taught her many techniques to demonstrate unfamiliar concepts. She is committed to sharing these tools to help others through difficult times in their lives.

Since June 2022, Cat has been working with The Amputee Center in developing and teaching community fitness programs, as well as amputee only classes. She has the special talent to teach aerial yoga and bungee fitness—two unique and fun forms of exercise.

Cat began her new role as Executive Director on January 1, 2023. She will work to expand awareness of the services at The Amputee Center to those in the community. She will also lead the various fitness programs and administer the software used for booking classes and events at the center. Her extensive background is the perfect fit for the strategic goals of The Amputee Center. Welcome Cat!

Here's What's Been Happening at The Amputee Center: This past year has been one of growth and opportunity for The Amputee Center. The most exciting news is that we've hired an Executive Director! Cat Lang-Bigley brings a wealth of experience and knowledge to her new role. The participation in our fitness programs continues to increase....both from those in the community, as well as amputees. We've been able to introduce area amputees to many new and exciting offerings through our community programming each month. Both our Open Hour Thursdays and our monthly mixers are providing a wonderful opportunity for amputees to interact with one another, and to meet others who truly understand what they're dealing with. And we've been able to add social activities, such as concerts, enabling amputees to have experiences that they might not otherwise have.

One thing is certain...as we move into 2023, we're confident that we're providing a valuable service and making a difference for those with limb loss and limb difference in the Mid-Ohio Valley!



Thank You to our Community Partners!

Grants

Belpre Area Community Development Foundation

Parkersburg Area Community Foundation

Try This West Virginia

Corporate Sponsors

CAS Cable

Commonwealth Financial

Dunbar & Fowler

Jan Dils

First Neighborhood Bank

Highmark BC/BS

Miller Prosthetics

& Orthotics

MOV Insurance

Peoples Bank

Perry & Associates

Waters Insurance

WV Fertility Institute

WVU Medicine Camden

Clark

Wizard Graphics

Woodcraft Supply

Board of Directors

Nancy Miller, President

Steve Lamp, Vice-

President

Martha Lamp, Secretary

Rob Miser, Treasurer

Mark Miller, Medical

Director

Arienne Coe

September Fleming

Matt Hill

Joyce Hubner

Terry Hubner

Dorie Moore

Thanks to Our Community!

The generous support from corporate sponsors and grant sources, as well as individual donors, continues to amaze us! As we move into 2023, this funding allows us to develop new and innovative programming for area amputees. Our community is truly the best!!

PACF Parkersburg Area Community Foundation

Fred Rader, Associate Director for PACF, presents a check for \$8,500 to purchase exercise equipment and additional adaptive equipment for The Amputee Center.



Thanks to the generosity of individuals, families, and businesses, the Parkersburg Area Community Foundation administers several opportunities for area non-profits to apply for financial support. These grants will help improve quality of life in our community.

Try This West Virginia

We are grateful to receive \$3,000 from Try This West Virginia. Recipients of these mini-grants are awarded funds to help build healthier communities.

TRY THIS™
west virginia



Gospel Music Reunion

Thanks to Chris Truman and the Gospel Music Reunion for their surprise donation of \$1,000!!

Dr. Kim Poole, Committee Chair from BACDF, presented a check for \$5,000 to The Amputee Center.



Belpre Area Community Development Foundation

The Belpre Area Community Development Foundation was formed in 1985, and is an outgrowth of the Belpre Bicentennial Commission. BACDF awards annual grants to 501(c)(3) organizations in the Belpre area.

The Amputee Group of the Mid-Ohio Valley



2nd Tuesday of each month at 6:30 p.m.

This monthly meeting provides a caring and supportive group for anyone who is living with any level of limb loss or limb difference. What a great opportunity to receive inspiration, as well as learn tips and tricks, from others who are sharing your same journey! Occasional guest speakers are announced on our Facebook group. Attendees can also enjoy snacks and socialization time.

Each month, we encourage all amputees in attendance to set a personal goal and share it with the group. Goals range from basic to extreme. Some goals have been standing up and walking again, mowing a lawn, getting back to work, riding a bike, or hiking up a mountain. When a goal is achieved, the winning amputee is awarded the Gold Medal for that month. The medal is ceremoniously hung around the winner's neck by the previous winner. Come and share your goal with our group!

Jim George passed on the Gold Medal to Tim Davis at a monthly mixer. Jim had previously been awarded the medal after taking his first steps with his prosthesis. After spending time with others at the Amputee Center, Tim was awarded the medal for finally being confident enough to wear shorts!!

Peer-to-Peer Visits (by appointment)

If you have an amputation, are considering or scheduled for an amputation, or were born with limb difference, you may request a peer consultation by calling (304) 699-2373. Peers are also available every Thursday from 1-4 at The Amputee Center. To speak directly with an amputee peer, call Terry at (304) 532-5830.



Resource Wall & Lending Library

While visiting the center, amputees have access to valuable national and local resource material, as well as a lending library featuring inspirational books on amputee journeys and their success stories.

Amputee Center Events

Monday—Friday

- ◆ Fitness Classes
(Listed to the Right)

Tuesdays

- ◆ 1st & 4th Tuesdays
6:30 - 8:00pm
Community Wellness
Programs (Schedule Posted
on Facebook)

- ◆ 2nd Tuesday 6:30 - 8:00pm
Monthly Amputee Mixer

EVERY Thursday

- ◆ 1 - 4:00pm Open Hours &
Peer Support
- ◆ 4 -5:00pm Amputee Only
Fitness

Wednesday & Friday

- ◆ 6:30 Line Dancing

First Saturday

- ◆ 6:30 Line Dancing

2nd, 3rd, 4th & 5th Saturdays

- ◆ 6:15 Lessons for Ballroom
Dance
- ◆ 7-10:00 Ballroom Dance

By Appointment

- ◆ Peer Support Consultations
- ◆ Reiki

**Download Our App for the
Latest Class Schedule!**

Amputee Center Classes:

Many activities at The Amputee Center are for the entire community. You don't have to be an amputee to enjoy our wonderful space. But amputees are always free!! When you get active, you not only help yourself stay healthy, but you're supporting a great cause too! A portion of the proceeds from all fitness classes benefit The Amputee Center.



Check out the programs open to both amputees and the entire community. See what we can do for you! Check out the schedule and book a class at www.TheAmputeeCenter.com.

Fitness Classes:

Bungee Fitness	Tuesday 5:15 pm; Thursday 5:15 pm, Friday 9:30 am
Aerial Yoga	Monday 5 pm & 6:15 pm
Yoga	Thursday 6:15 pm
Line Dance	Wednesday & Friday 6:30 pm & 1st Saturday 6:30 pm
Ballroom Dance	2nd-5th Saturdays 6:15 pm Lessons; Dance 7-10 pm
TRX Suspension	Monday 4:15 pm & Wednesday 5:00 pm
Tai Chi	Wednesday 10:30 am
KBX, Kickboxing & Kettlebells	Wednesday 9:30 am

We're excited to announce our new pricing package! \$50 Monthly Pass

From the time you purchase a pass, you may attend any classes for one month! Download the app and register for classes in advance!

Note: Bungee Fitness and Aerial Yoga Require Pre-Registration!

Drop-In Rates:

Tai Chi, Yoga, Kickboxing	\$5	Line Dancing	\$6
Bungee Fitness, TRX, Aerial Yoga	\$10	Ballroom Dancing	\$5



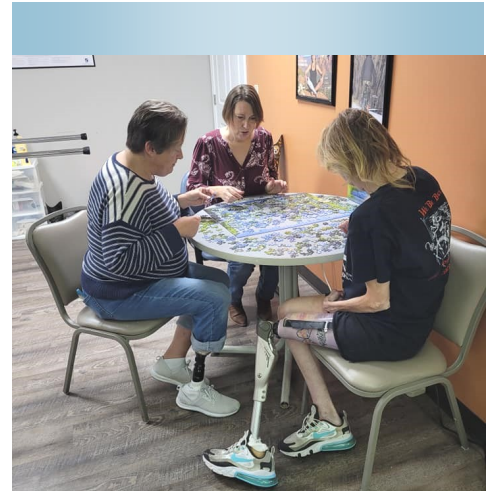
Open Hours Every Thursday 1:00-4:00 p.m.

Began in November 2021, these weekly gatherings continue to provide an opportunity for amputees to stop by the center and explore resources, chat with a peer, or learn about programs available to area amputees.

TAC is staffed with an experienced amputee; prosthetists are nearby and can be brought in to consult if necessary. These sessions allow time to meet and discuss issues with someone who has been through a similar experience. Providing peer support is the absolute best way to adapt to life with limb loss or limb difference! Amputees can try out some of the adaptive equipment available, such as yoga silks, bungee fitness, and hand-cycle trikes. They'll also have access to parallel bars if they need to practice walking, or even use the wide-open space to walk around the gym.

Then from 4:00-5:00 pm, we encourage everyone so stay for a worry-free amputee only fitness class with our Executive Director Cat Bigley. Classes are tailored to whoever shows up that day, and the welcoming space provides motivation to move! Building strength is very important, and it will aid in everything that you do! The class is free and can also be attended by the spouse / friend / caregiver of the amputee.

Remember ~ If you need a ride, call the Wood County Senior Center or the Belpre Senior Center. Advance registration for daytime events is required one week in advance.



Reiki Healing by Appointment

Now Also Available Thursday Afternoons During Open Hours!

12 Health Benefits of Reiki

- Facilitates Healing
- Reduces Anxiety
- Reduces Reliance on Medication
- Aids Relaxation
- Soothes Digestion
- Increases Intuition and Self-Love
- Helps with Pain Management
- Relieves Depression
- Releases Stress and Tension
- Improves Sleep
- Sharpens Mental Clarity
- Strengthens Spiritual Connection

Contact Amy Sillers (740) 315-8208 to schedule or for more information.



Amputee Spotlight: Meet Marley Jouver

In August 2017, Marley Jouver was involved in a lawnmower accident after arriving home from her first day of school. She was life flighted to Morgantown, and at the age of eight, she found herself facing a leg amputation. Following surgery, Marley returned to school and actually adapted to her new prosthesis quite well. But her biggest challenge was that she didn't know anyone else who was an amputee and who could completely understand what she was going through. During COVID, while doing remote learning, she found herself becoming very isolated. She stayed in her room, and according to her mom, she became a hermit!

"My daughter loves the yoga silks. She looks forward to Thursday afternoon and The Amputee Center open house all week long. Thanks to Nancy Miller and everyone we've met for making us feel so welcome." Nicole Snodgrass-Jouver

After a bit of research, Marley's mom found out about The Amputee Center (TAC). The two of them stopped by the center on a Thursday afternoon during Open Hours. Marley found the center fun and inviting with so many things to do....and the rest is just history! Now 14, Marley considers herself the "child ambassador" for TAC, and she's looking forward to visiting local schools to talk with other students about her story. Marley attended the Amputee Coalition Kids Camp in Palm Desert, California this past August. And she has become a "rock star" on the bungees and yoga silks!!

Parkersburg Area Association of Realtors Purse Bingo



We are grateful that the Parkersburg Area Association of Realtors chose The Amputee Center (TAC) as the recipient of funds raised during their annual Purse Bingo at the Elite Sports Center in November. It was such a pleasure to work with this group, and our amputees, their families and our board members had a great time that evening! Angela Phelps and Stephanie Wallace from the Parkersburg Area Association of Realtors presented a check for \$9,842.21, which will be used for 2023 programming and events for amputees and the entire community.



In November, we participated in 'Give Back with Outback'. For anyone dining in the restaurant on a designated day and presenting a flyer, 20% of the total check was donated to TAC. We were proud to receive a check for \$670 from this wonderful community.

Applebee's 'Together We Care' Program



Thanks to Applebee's 'Together We Care' program, The Amputee Center received a check for \$853.35! We raised an additional \$584 from our gift card basket raffle. This wonderful program benefits area non-profits and raises awareness about the services that they provide to the community. Order items from the select menu all day long and 50% of the proceeds will go to The Amputee Center! Dine in or carryout...stop by and support area amputees!!

Save the Date: This year's Applebee's event will be Tuesday, April 25th.

TAC Dice Run

In September, we hosted our second Dice Run. We were excited to see an increase in participants from last year's event. Thanks to the area businesses who provided our stops: Bob & Jane's, S & P Harley Davidson, Fairplains Yacht Club, and Mountaineer Inn. And thanks to our participants, who enjoyed a yummy lunch at The Station Carryout in Belpre following the event.



The generous support from corporate sponsors enabled us to raise over \$5,000 for The Amputee Center.

Community Wellness Programs

One of our ongoing goals at The Amputee Center is to offer programming that addresses emotional and physical well-being. Some activities are for amputees only, while other programming is offered to the community-at-large, as well as area amputees. **Classes are always free to amputees!**



Bonsai Class



Cookie Decorating Class



African Drumming Class

Fun Activities are the 1st & 4th Tuesdays at 6:30pm ~ All Classes are Free to Amputees!



From African drumming to cookie decorating, our community classes were certainly a hit this year! Members of the community were able to attend and get a firsthand look at what TAC is all about. Area amputees were introduced to all sorts of new activities while socializing with other amputees.



Paint & Sip Class

Thrill the World ~ Saturday, October 28, 2023

Learn the Thriller Dance!

“Thrill the World” is an organization that coordinates a global event where participants learn the “Thriller” dance and perform simultaneously on a specific date/time. The event is free for participants, and the local effort is coordinated by Toni Holbrook. In mid-September, a registration link is posted inviting participants of any age to learn the step-by-step choreography. The official world-wide event is held on the last Saturday in October each year. The Amputee Center was used for the community classes, and this year Dorie Moore was the first area lower limb amputee participant!!

Please Check our Facebook Page for 2023 Events & Activities!!



Amputee Activity: Sierra Ferrell Concert at the People's Bank Theater in Marietta in April 2022



Amputee Activity: Valley Gem Sternwheeler Boat Ride in July 2022

Brought to you by Miller Prosthetics & Orthotics

Mark and Nancy Miller, owners of Miller Prosthetics & Orthotics, had a unique opportunity when they relocated their Parkersburg, WV clinic to the plaza near the toll bridge. The idea was born to split the space and create a non-profit company that could help with all the other needs that arise when living with limb loss. The Amputee Center has grown into an amazing place that welcomes all with limb loss or limb difference, regardless of whether you wear a prosthetic limb or are a patient of another clinic. More than the space, the people you will find here will welcome you with open arms and bring you into our community.

The Amputee Center is a separate non-profit company from Miller Prosthetics & Orthotics and is run by an extremely capable board of directors. Programs are also offered to the public for a fee, which goes back to support the center. You can learn more about the board members and classes available to the public at www.TheAmputeeCenter.com

We hope you enjoy this newsletter and help us spread the word about this one-of-a-kind place. If you are in need of an artificial limb or orthotic braces and supports, please check out MillerPO.com or call us at 740-421-4211.



2311 Ohio Ave Ste B ~ Parkersburg, WV 26101 ~ (Between JoAnn Fabrics and the Veterans' Administration)
(304) 699-4909 ~ www.TheAmputeeCenter.com ~ AmputeeCenter@gmail.com



The Amputee Center
2311 Ohio Ave Ste B
Parkersburg, WV 26101
(304) 699-4909
www.TheAmputeeCenter.com
AmputeeCenter@gmail.com